

MEET ME IN THE MIDDLE

Ready

- Music and player (optional)

Set

- Form pairs. Each pair lines up across from one another on opposite sides of the room.

GO!

1. Today's Classroom ASAP is called *Meet Me in the Middle*. The object is to complete the tasks that I call out in sequence with your partner, then return to your original spot.
2. Each round, I'll add a new task to the old one. Always do the 1st task 1st, then add the 2nd, add the 3rd, and so on until you have sequenced them all.
3. Get ready. On the signal, move to meet your partner in the middle and complete the 1st task. Then, return to your original spot.
4. **Task Sequence Example**
 - High-five R hands
 - High-five L hands
 - High-ten
 - Jumping high-ten
 - Single fist bump R hand
 - Single fist bump L hand
 - Double fist bump
5. **Challenges**
 - How quickly can you meet with your partner, get the tasks done, then return to your spot?
 - **Fitness in the Middle** – Each time you meet your partner, the task will be fitness related (e.g., 1 burpee, 2 curl-ups, 3 lunges, 4 sit-up high-fives, 5 jumping jacks, etc.).
6. **Teaching Tips**
 - Allow students to work at their own pace by writing the sequence on the board.
 - Be sure there is enough space between desks for students to move freely.
 - Control the tempo of the game by starting at a fast walk speed.

